



## Food Dependency: A New Relationship with Food

Food Dependency Coaching is a bespoke, collaborative partnership designed to assist in identifying addictive eating patterns, managing "food noise", and establishing a structured, refined relationship with food. Within this process, the individual retains full autonomy over all food choices; the coach's role is to provide accountability and strategic support for the plan to which the individual commits.

In this practice, the concept of a "Diet"—which often implies temporary restriction for weight loss—is set aside. Instead, we co-create a new relationship with food, one that evokes neurochemical stability and supports abstinence from "trigger" substances (such as ultra-processed sugars and flours).

This is a strengths-based, transition-focused partnership. It is designed to move a relationship with food from a state of "consumption" to one of "nourishment" by allying an individual's unique blend of internal strengths and core values to forge a new, empowered relationship with the self. Unlike clinical therapy, which often explores the "why" of the past to heal what has been, this coaching approach focuses on the "how" of the future to build a rewarding and sustainable life.

The twelve-session journey is structured across three intentional phases, specifically created to guide the individual toward a renewed way of being. Throughout this process, the coaching relationship serves as a **Safe Harbour**—a protected space to unearth and celebrate uniqueness, identify where new alignments can be made, and gather the reserves needed for the journey ahead.

### PHASE 1: FOUNDATION & CREATING THE SAFE HARBOUR

*FOCUS: Stabilisation, rapport, and identifying the "why."*

SESSION	Title	Focus
1	<b>The Compass</b>	Establishing the coaching agreement. Mapping the Current State
2	<b>The Landscape</b>	Exploration of the client's relationship with food
3	<b>Values &amp; Anchors</b>	Identifying the core values that will act as "ballast" when things get tough

### PHASE 2: WEATHERING THE STORM

*FOCUS: Identifying barriers and hidden strengths – skills creation*

SESSION	Title	Focus
4	<b>Identifying Triggers</b>	Exploration of the "voice of the habit." What is keeping us stuck Strengths-based exploration of successes in other life areas





5	<b>Narrative of Agency</b>	The importance of transforming a new relationship with food
6	<b>Food &amp; Physiology</b>	Healing the gut-brain axis, appreciation of the microbiome and cellular signals
7	<b>Family &amp; Systems</b>	How the client's environment impacts their choices- life, home, and/or work etc
8	<b>Reframe the Slip</b>	Fall forward, viewing setbacks as data rather than failure

### PHASE 3: TRANSFORMATION & REBUILDING

*FOCUS: Maintenance stage. Strengthening the "new self."*

SESSION	Title	Focus
9	<b>Higher Self</b>	Deepening impulse control and developing "Inner-personal Relationships" with food
10	<b>New Normal</b>	Creating a "Recovery Roadmap" that feels like a reward, not a restriction
11	<b>Identity Shift</b>	Moving from "who I was" to "who I can become" - Resolve any emergent ambivalence about the "new self"
12	<b>The Horizon</b>	Reviewing the 12-sessions and setting the anchor for long-term maintenance

### Investment & Commitment

Choosing to invest in your relationship with food is a commitment to long-standing growth and a profound opportunity to forge a new relationship with food. This programme is designed as a bespoke partnership, providing the **Safe Harbour** and strategic support necessary to nurture a rewarding, sustainable, and nourished future.

To ensure the momentum required for this transformation—and the successful building of a resilient inner-personal relationship—the following investment applies:

### Professional Fees

Service	Investment (excl. Vat)
<b>Food Dependency – Twelve (60Min) Food Addiction Coaching Session Package</b>	€ 2400.00
<b>Applicable vat (23%)</b>	€ 552.00
<b>Total investment</b>	<b>€ 2952.00</b>





## Terms of Engagement

- **Payment:** To secure your placement in this cohort, full payment or the first instalment is required prior to our inaugural session.
- **VAT:** Value Added Tax is charged at the prevailing rate for ROI-based clients. If you are a business client based in Ireland or internationally, please provide your VAT registration details for appropriate invoicing.
- **The Safe Harbour Guarantee:** Your investment covers 12 scheduled sessions, bespoke resources, and interim support, ensuring you have a consistent, protected space to explore your options without distraction.

## Disclaimer:

*Every individual's path from food addiction is unique. The structure outlined above is educational and represents a proposed framework for a supportive recovery coaching experience. Coaching is a partnership designed to build personal resources and is not a substitute for clinical or medical treatment. Please consult your doctor GP, healthcare professionals, and support network before making significant lifestyle changes, particularly if you are currently managing a medical condition or taking prescribed medication.*

**IMPORTANT:** *As your coach, I am not a Medical Doctor, Psychiatrist, Registered Dietitian (RD), or Licensed Nutritionist.*

- **Not Clinical Therapy:** *This coaching is not a treatment for clinical eating disorders (such as Anorexia Nervosa or Bulimia Nervosa). If these conditions are present, I will require you to be under the care of a clinical specialist alongside our work.*
- **No Medical Prescriptions:** *I do not prescribe diets to treat medical conditions (e.g., Diabetes, Hypertension). Any nutritional structure we discuss is for the purpose of addiction recovery and behavioural stability.*

**Safeguarding & Clinical Referral:** *Under the Safeguarding Vulnerable Persons (Ireland) and Care Act (UK) protocols, I have a duty of care.*

- *If during our sessions it becomes apparent that your health is at immediate risk due to severe restriction or purging behaviours, I reserve the right to pause coaching and refer you to clinical services (e.g., [Bodywhys](#) or [Beat](#)) or your Doctor / GP.*

